



HIGH PROTEIN - LOW CARBS

22th-28th December

WEIGHT LOSS

(1200kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Shrimps with freekeh	Chicken teriyaki with quinoa	Crispy potatoes	Red Scarlatta (<i>beetroot, carrot, orange</i>)
TUESDAY	Spanish tortilla	Chicken alfredo with pasta	Stir fry beef with sweet potato	Raspberry bars	Lemon mint (<i>lemon, mint</i>)
WEDNESDAY	Mocha overnight oats	Chicken moussaka with rice	Black bean fish with mashed potato	Seasoned cauliflower florets	Citrus (<i>strawberries, orange, lemon</i>)
THURSDAY	Egg burrito	Chinese style chicken noodles	Grilled chicken with lentil & green beans	Lemon tart	Iced Tea (<i>tea, apple, cinnamon</i>)
FRIDAY	Mango chia pudding	Chicken with russian salad	Pesto salmon with cous cous	Brownie	Cucumber mint infused water (<i>mint, lemon, orange</i>)
SATURDAY	Egg muffins with brown bread	Chicken spaghetti carbonara	Beef shawarma with brown flat bread	Sliders	Sunset (<i>carrot, orange, apple</i>)
SUNDAY	Green crepes	Lemon coriander chicken with bulgur	Chicken garlic herbs with beetroot mashed potato	Fruit parfait	Lemon mint (<i>lemon, mint</i>)